

Nutritionist Shares Health Tips with Women's League

By Aline Weiller
Weston Women's League



Nutritionist and Weston resident, Esther Blum, will speak to the Weston Women's League and prospective members on Tuesday, May 11th at 8:00 p.m.

Weston, CT (April 29, 2010) -- Beach weather is quickly approaching, and with it a time when many turn their attention to health and fitness. If you're nodding your head in agreement, consider attending the Weston Women's League's "New Member Link" on Tuesday, May 11th where Nutritionist, Esther Blum, will speak on this very issue. Ms. Blum's talk, entitled "How to Live Gorgeously through Good Nutrition," will address the top five actions you can take to optimize health at any age. All current League members are invited as are prospective members interested finding out more about the Weston Women's League (WWL).

Westonite, Esther Blum, is a registered Dietitian, Holistic Nutritionist, and author. Her books include *Eat, Drink and Be Gorgeous: A Nutritionist's Guide to Living Well while Living it Up* (Chronicle Books, 2007), *Secrets of Living Gorgeous* (2008) and *2010 Daily Calendar: A Year of Living Gorgeously* (2010).

Ms. Blum practices in both Manhattan and Connecticut and will share health and wellness tips to the Women's League membership and friends. Her books are detailed guides on living your best life and include user-friendly, nutritious recipes. Ms. Blum has helped clients with a myriad of conditions to include cardiovascular issues, auto immune diseases, food allergies and the like. For more details on Ms. Blum's services, visit www.livinggorgeous.com.

Non-league members are encouraged to come to the New Member Link event, especially those with an interest in volunteerism. "All sorts of women join the Women's League -- those new to town seeking community, stay-at-home moms and the working set. It's a wonderful way to give back, while having fun in the process," said Debby Katz, Membership co-chair. The organization is responsible for many popular Weston happenings such as the time-honored Children's Holiday Breakfast and Ragamuffin Halloween parade as well as more recent fund-raisers like "Kidstock" -- the family-friendly concert and magic show. Since the League's inception in 1972, the group has donated approximately 500,000 to Fairfield County non-profits, many involving women and children.

There is no admission fee for the New Member Link party and refreshments will be served. The event begins at 8:00 p.m. and the location will be provided to prospective members via e-mail. To R.S.V.P., please e-mail Debby Katz at debbykatz@hotmail.com by Friday, May 7th. For more information on the Women's League, go to www.westonwomensleague.com.